

| Day | Time | Class | Teacher | April 13th -May 22nd 2026 | | | | | | | |
|-----|-------------|-----------------------|-----------|---------------------------|--------|--------|--------|--------|--------|---|--------|
| MON | 09.15-10.10 | Mixed Level | Laura | 13-Apr | 20-Apr | 27-Apr | 04-May | 11-May | 18-May | 6 | £66.00 |
| | 10.20-11.15 | Mixed Level | Laura | 13-Apr | 20-Apr | 27-Apr | 04-May | 11-May | 18-May | 6 | £66.00 |
| | 11.30-12.25 | Chair Class | Laura | 13-Apr | 20-Apr | 27-Apr | 04-May | 11-May | 18-May | 6 | £66.00 |
| TUE | 10.00-10.55 | Mixed Level | Charlotte | 14-Apr | 21-Apr | 28-Apr | 05-May | 12-May | 19-May | 6 | £66.00 |
| | 11.10-12.05 | Back care | Charlotte | 14-Apr | 21-Apr | 28-Apr | 05-May | 12-May | 19-May | 6 | £66.00 |
| | 12.30-13.15 | Fitness | Maryann | 14-Apr | 21-Apr | 28-Apr | 05-May | 12-May | 19-May | 6 | £48.00 |
| | 17.00-17.55 | Mixed level | Laura | 14-Apr | 21-Apr | 28-Apr | 05-May | 12-May | 19-May | 6 | £66.00 |
| | 18.15-19.10 | Mixed Level | Mel | 14-Apr | 21-Apr | 28-Apr | 05-May | 12-May | 19-May | 6 | £66.00 |
| WED | 9.00-9.55 | Mixed Level | Fiona | 15-Apr | 22-Apr | 29-Apr | 06-May | 13-May | 20-May | 6 | £66.00 |
| | 10.10-11.05 | Beginners | Fiona | 15-Apr | 22-Apr | 29-Apr | 06-May | 13-May | 20-May | 6 | £66.00 |
| | 17.45-18.40 | Improvers/Beginners | Liz | 15-Apr | 22-Apr | 29-Apr | 06-May | 13-May | 20-May | 6 | £66.00 |
| | 18.50-19.45 | Mixed Level | Liz | 15-Apr | 22-Apr | 29-Apr | 06-May | 13-May | 20-May | 6 | £66.00 |
| THU | 9.20-10.15 | Beginners | Laura | 16-Apr | 23-Apr | 30-Apr | 07-May | 14-May | 21-May | 6 | £66.00 |
| | 10.30-11.25 | Chair Pilates | Laura | 16-Apr | 23-Apr | 30-Apr | 07-May | 14-May | 21-May | 6 | £66.00 |
| | 11.45-12.40 | Small Equipment Class | Laura | 16-Apr | 23-Apr | 30-Apr | 07-May | 14-May | 21-May | 6 | £66.00 |
| | 19:00-19:55 | Intermediate Level | Charlotte | 16-Apr | 23-Apr | 30-Apr | 07-May | 14-May | 21-May | 6 | £66.00 |
| FRI | 9.10-9.55 | Fitness | Maryann | 17-Apr | 24-Apr | 01-May | 08-May | 15-May | 22-May | 6 | £48.00 |
| | 10.00-10.55 | Mixed Level | Leah | 17-Apr | 24-Apr | 01-May | 08-May | 15-May | 22-May | 6 | £66.00 |

Please book online via GymCatch <https://gymcatch.com/app/provider/625/events>

Pilates Pick and Mix Bundle Special Offer 10 Classes for £110

Fitness Bundle 10 sessions - £75

(Cannot be used for course bookings pick and mix classes only)

(Valid for 12 weeks from date of purchase and can be used across our term and holiday timetables)

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Please note 24 hours notice is required to cancel and receive a credit

CREDITS CAN NOT BE CARRIED OVER TO THE NEXT TERM OR HOLIDAY CLASSES

Please cancel your class on Gymcatch so that people on the waiting list can be notified and make use of your space.